



MAYNARD COUNCIL ON AGING & SENIOR CENTER
50 BROWN ST., MAYNARD, MA 01754 • 978-897-1009

NOV & DEC 2019



Mary Anne Carey, Sandy Martucci, Judy Neergaard, Shelly Greenaway and Diane Wasiuk enjoying the COA Foliage Trip

The View from Here

When we gather to express what we're thankful for around turkey and pumpkin pie, I must share how thankful I feel every day for the Council on Aging's remarkable drivers. The daily riders heading to Cooperative Elder Services Day Program, medical appointments in Concord and Acton or supermarkets in Maynard and Stow know firsthand Janine Parker's ability to transport three riders to three different locations for 10:00 appointments or safely navigating narrow driveways. Janine provides more than transportation as she greets each rider with kindness and compassion (as well as an ice cream sundae in the summer or a donut in the winter).

Brad Chetwynd's dedication to Maynard's transportation services includes not just driving for the Council on Aging but also for the Maynard – Acton shuttle service four evenings a week. Brad goes above and beyond driving as a sub for an eight hour day for the COA and then a three and a half hour shift for the shuttle service. Riders express their appreciation with cookies and snacks to help get him through these long days. Brad drives for our Market Basket and Walmart trips, the Open Table Pantry and has started special trips to places like Ocean State Job Lot, Savers, Christmas Tree Shop and A.C. Moore. And he does it all with the warmest smile!

Mark Tomy (also with Maynard's Fire Department) similarly provides back up but is more well known for his "Mystery Tours" and Foliage Trips to the Wachusett Reservoir and its environs topped off with lunch at the Old Mill restaurant. Mark's adventurousness had taken seniors into Boston to enjoy the Museum of Fine Arts, the Isabella Stuart Gardner museum and, yes, he was sent to the Peabody Essex Museum in Salem during Halloween week (Mark circled the city for an hour before finding parking!). Mark is a yes man but is currently saying no to another trip to the Commonwealth Ballet!

Andrea Adams (groundskeeper extraordinaire at the Maynard Golf Course) joined us as a substitute last winter during the off season. Intrepid is an understatement but Andrea's cheery disposition warmed our hearts on chilly days. Andrea's adventures included Tower Hill Botanical trips during the summer, providing transportation to the Maynard Band Concerts and, yes, she'll be driving lucky seniors to the Commonwealth Ballet this year.

Gratefully yours,

~ **Amy Loveless**

Director, Maynard Council on Aging & Senior Center

Colors And Neighbors

Tis the Season once again! And it's a lot of people's favorite: Autumn moving Winter means beautiful leaves, cool weather, and festivities galore! It's a time to spend with friends, family and loved-ones, so I hope you reach out your neighbors to include everyone in the season's activities.

I'm excited to announce a new Town Clerk will be starting early in November. Michelle Jenkins comes with experience with the Towns of Southborough and Framingham, and will be a great addition to the staff and team here in Town Hall. Be sure to welcome her if you're in Town Hall!

Let's have a great turnout for this year's Veterans' Day parade and event on Monday, November 11th, hosted by Maynard's Veterans' Council, and typically travels downtown and includes remarks at Memorial Park.

Town Hall is scheduled to be closed on Friday, November 22nd to host employee training. Thank you for your patience and cooperation to accommodate town staff's professional development.

This year's WAVM Beacon Santa Telethon, starting on December 6th, will be the 41st anniversary since its start in 1978! Be sure to tune in!

The Maynard Business Alliance's Sip 'N Stroll is scheduled for December 14th this year, and is always a joyful outing.

Make an effort to connect with your neighbors this season, and I hope you make new friends to warm your hearts throughout the winter.

Remember that I would include pictures of unique aspects of Maynard from time to time? Do you know where to find this month's?



Sincerely,

Greg Johnson

Town Administrator | gjohnson@townofmaynard.net

Council On Aging Board Meetings

The Council on Aging Board meetings are held the 3rd Tuesday of the month at 10:30 a.m. (November 19 & December 17), at Town Hall in the Gianotis Room. This meeting is an open meeting – come one and come all! It's a great opportunity to hear what's currently happening at the Senior Center and what's on the horizon.

Highlights of Upcoming Events

November, December & January Luncheons

will be held at the Maynard Lodge of Elks, 34 Powdermill Road, Maynard

November Luncheon **Thurs., November 14 • Noon**

Ham with Raisin Sauce,
Au Gratin Potatoes, Salad
& Vegetable, Rolls & Dessert

\$8.00 Pay at the door

Deadline to sign up is Nov. 6 by noon

December Luncheon **Thurs., December 12 • Noon**

w/ **entertainment by The Golden Tones!**
Turkey, Stuffing & Mashed Potatoes
Vegetable, Rolls & Dessert

\$8.00 Pay at the door

Deadline to sign up is Dec. 4

January Luncheon **Thurs., January 9 • Noon**

Pot Roast, Mashed Potatoes
& Gravy, Vegetable, Rolls
& Dessert

\$8.00 Pay at the door

Deadline to sign up is Dec. 31

Please remember to sign up for the luncheon by the date listed above ~ we need to give the caterer a count. If you need to cancel please do so by the dates listed above.

Shopping Trip

Monday, November 18th • 9:30 a.m.

This trip takes us to Savers, Ocean State Job Lot and Marshalls. Start your Christmas shopping or just enjoy browsing. After shopping we will stop for lunch. Get out of the house and have fun with friends! Trip cost: \$3.00. Cost of lunch is up to the individual. Limit: 12. Preference will be given to those who have not been on a previous shopping trip.

Look Out For Look Optical!

**Trish will be stopping by on
Tuesday, November 12 at 10:30
for eyeglass tune ups.**

Protect Yourself From Medicare Fraud!

Thursday, December 5 • 1:30 p.m.

Did you know that \$60 to \$90 billion of our tax dollars are lost to Medicare fraud each year?

Come meet a representative of the Massachusetts Senior Medicare Patrol (MA SMP) Program and participate in a discussion on how to prevent, detect, and report healthcare errors, fraud and abuse. We all can have an active role in protecting Medicare for ourselves and future generations.

This free information workshop will provide you with the tools to become a more informed and engaged health care consumer including information about the new Medicare cards. Although new cards have random numbers and no longer Social Security numbers, you still need to be vigilant and protect yourself from becoming victim to deceptive marketing and medical identity theft. If you cannot attend this workshop but have questions about your healthcare bills, Medicare Summary Notices, or other health insurance explanation of benefits statements, please call the MA SMP Program office at 800-892-0890.

This event is brought to you by the Massachusetts Senior Medicare Patrol (SMP) Program. The MA SMP Program is funded in part by grant number 90-MPPG 0051-01-00 from the U.S. Department of Health and Human Services' Administration for Community Living, Washington, DC.

**The COA will be closed:
November 11 & 29
December 25 & January 1**

**January's newsletter will be
in mailboxes January 10**

It's Time for Your Medicare Check Up!

Thursday, November 21 • 11:00 a.m.

Medicare Open Enrollment begins October 15th and ends December 7th. Is your Medicare Plan still right for you? Prior to Open Enrollment you will receive an Annual Notice of Change from your current health plan. Minuteman Senior Services is sponsoring a free Medicare benefits presentation. Learn about healthcare options and important changes to Medicare, the newly launched Medicare plan finder, how to obtain affordable coverage and public benefits, access to affordable prescription benefits and more.



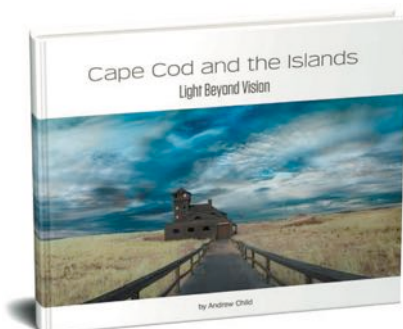
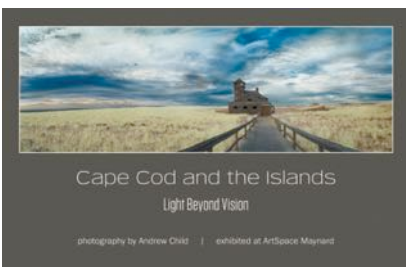
"Cape Cod and the Islands: Light Beyond Vision" by photographer Andrew Child

December 11th through January 10th

"Mini" ArtSpace Artists' Open Studios: Sat., Dec. 14th from 4 – 6 p.m.

Opening Reception: Saturday, December 14th from 5 – 7 p.m.

A companion exhibition for Andrew Child's upcoming photography book *Cape Cod and the Islands: Light Beyond Vision*. The book and exhibition feature Child's unique, color, infrared, panoramic photographs that challenge what we think of as real in a photograph and present the Cape, Nantucket and Martha's Vineyard not as we know them, but as we wish them to be.



The ArtSpace Gallery is located at 63 Summer Street in Maynard and is free to the public and is wheelchair accessible.

For more information, please call (978) 897-9828 or go to www.artspacemaynard.com and like us on Facebook.

Come join the art scene in Maynard!

Forget ordinary!
*Buy stand-out gifts
created by outstanding artists.*

Friday, December 6th, 5–8pm
Saturday, December 7th, 10–5pm
Sunday, December 8th, 12–5pm

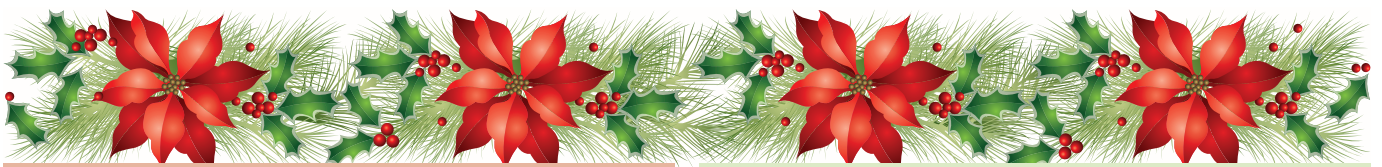
Learn more on Facebook at ArtSpaceMaynardHolidaySale
ArtSpace Maynard, 63 Summer St., Maynard. 978.897.9828

6 Bridges Gallery
FINE ART AND CRAFT

Gifts • Jewelry • Fiber • Cards • Photography
Ceramics • And More

Giftable fine art & craft by local artisans
November 19 – December 28, 2019

77 Main Street, Maynard
6BridgesGallery.com • 978.897.3825



The Nutcracker

Saturday, November 30th • 6 p.m.

Join us at the ballet! Share the merriment of the holiday season as the accomplished dancers of the Commonwealth Ballet and guest artists frolic, battle and dance through Clara's holiday dream. Join the family party set before a magical tree and enjoy the laughter, magic, and wonder of this holiday classic accompanied by the beloved Tchaikovsky score. This fully staged production is sure to captivate and entertain all ages. It's the perfect start to the holiday season!

Cost: Free. Transportation provided. Limit: 12

Festival of Trees

Mondays, December 2nd and 9th • 9:30 a.m.

The Festival of Trees displays beautifully decorated holiday trees that are donated and decorated by local businesses, garden clubs, and individuals. Visitors "vote" with their raffle tickets, hoping to be the tree winner at the end of the Festival.

The Snow Village at Elm Bank is a wonderful addition to the holiday spirit of the Festival of Trees. Bill Meagher of Needham graciously donated the product of his thirteen year "hobby" of building Christmas villages and trains. It is a bit different each year as he continues to vary the display. The Massachusetts Horticultural Society is delighted to share his enchanting creation with model trains winding through villages and vignettes, including Christmas in the City (Boston of course!), Fenway Park, and hundreds of decorated houses and lights. This amazing scenery in miniature is sure to get you excited about the holiday season. Following the viewing we will stop for lunch. Trip cost: \$5.00. Cost of lunch is your responsibility.

Winter Concerts

FOWLER SCHOOL

Friday, December 6th at 11:30 a.m.

MAYNARD HIGH SCHOOL

Tuesday, December 17th at 12 noon

The instrumental wind band students of the Maynard Public Schools, along with their Director, Mr. Kevin Kozik, would like to invite you to two special winter concerts. On December 6th, the Fowler band students will perform a range of folk, modern, funk, jazz, and film score music related to "animal antics." On December 17th, the Maynard High School band students will perform a "Latin Roots" program, playing instrumental arrangements of vocal and orchestral music dating back to the 1600's. Please join your friends for these wonderful concerts. Transportation will be provided. The concerts are free.

The Three Tenors: Christmas in Vienna

Friday, December 20th • 11:30 a.m.

The world's three most famous operatic tenors, Jose Carreras, Placido Domingo and the late Luciano Pavarotti met in Vienna for a special Christmas-themed concert which we will show on DVD. It was taped at the Konzerthaus in Vienna, accompanied by the Vienna Symphony and joined by the Gumpoldskirchner Spatzen Children's Choir. This program features popular Christmas songs such as "White Christmas," "Jingle Bells," as well as beloved carols and sacred songs such as "O Holy Night," and "Amazing Grace." **2nd Showing on December 27 at 11:30.**

MUST SIGN UP!



Sell Online With Craigslist & LetGo

Tuesday, November 26th • 7pm

Roosevelt Room, Maynard Public Library

Looking to sell your old couch, baseball card collection, or clear out your basement of antiques? Craigslist and LetGo can help! Learn the ins and outs of the most prominent classifieds listing sites with this workshop!

(While not mandatory, feel free to bring a laptop to follow along and list your own item!)

Please register at www.maynardpubliclibrary.org or by calling the Reference Desk at 978-897-1010 x103.

Search The Library Catalog Like A Pro!

Tuesday, December 17th @ 7pm

In this hands-on session, we'll look at using the Minuteman catalog to find books and other materials.

Be sure to bring your Minuteman library card and laptop or smartphone (if you have one).

Here's some of what we'll cover:

- Best search tips for finding books, DVDs, audiobooks, or other items
- Options for finding items outside the Minuteman Library Network.
- How to request items to pick up at the library (place holds)
- Renew items you have checked out
- Set up your account to keep a history of what you borrow
- Create lists of books you'd like to read for easy requesting later
- How to use the new Minuteman Library app. Search the catalog, renew items, store your library card barcode for easy checkout & more!

Please register at www.maynardpubliclibrary.org or call the Reference Desk at 978-897-1010 x103.

Maynard Public Library Powerful Photographers Film Series

Explore the fascinating stories of these influential photographers that have transformed the field of photography. Light refreshments provided.



Tues, Nov 19 @ 7pm



Tues, Dec 17 @ 6:30pm

Bach Is Back!

Sounds of Stow Chorus & Orchestra with Barbara Jones, Artistic Director, is opening its 41st season with an encore performance of Bach's "Christmas Oratorio" on November 24, 2pm, at the Hale School in Stow, MA.

Sounds of Stow will return to its acclaimed 2014 version of the Christmas Oratorio, which relates the story of the nativity in six cantatas, using texts drawn from various Biblical sources. Through an ever-engaging series of choruses, chorales, solo arias, intimate instrumental interludes and narrated recitatives, the familiar story comes to life in a way that has universal appeal for people of all religious outlooks.

The concert will feature a full orchestra and outstanding professional soloists: Jessica Cooper, soprano; Deborah Rentz-Moore, mezzo; Jason Wang, tenor; James Dargan, baritone; Kyle Spraker, trumpet; and Margot Law, narrator.

Tickets are available online, at the door, and at Emma's Cafe in Stow and Serendipity in Hudson. For more details and information, visit www.soundsofstow.org or call 978-707-9887.



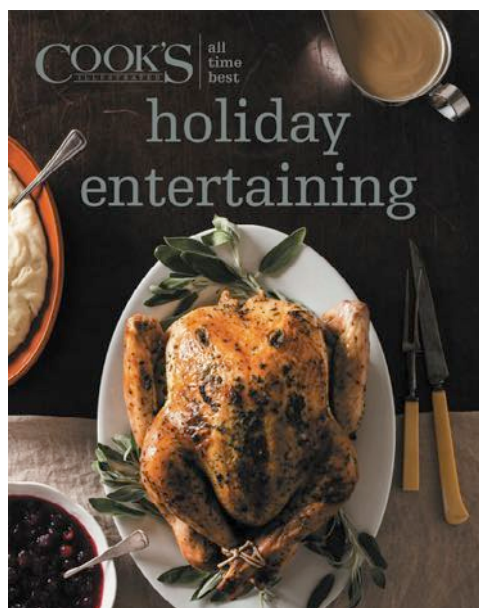
November Cookbook Club

Monday, November 18 • 12:00 Noon

In November, we will get inspired for upcoming holiday meals with *Cook's Illustrated All Time Best Holiday Entertaining*.

Borrow a cookbook at the Circulation Desk, select a recipe and prepare it for the potluck lunch on the 18th. Or bring a family holiday favorite dish, with recipes to share.

Drinks and place settings provided. Sponsored by the Friends of the Maynard Library.



Book Mill Reading Group

Our November Book

Go, Went, Gone by Jenny Erpenbeck

We will meet next on

November 26, 2019 at 7:00 PM

Trustees Room at the Maynard Public Library

Books available from the Library

All Are Welcome



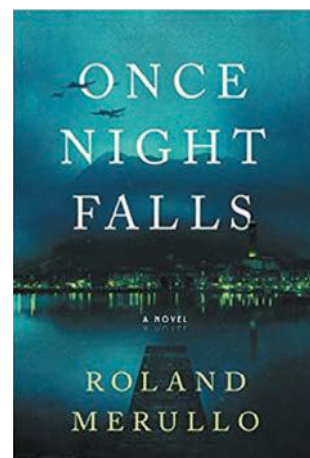
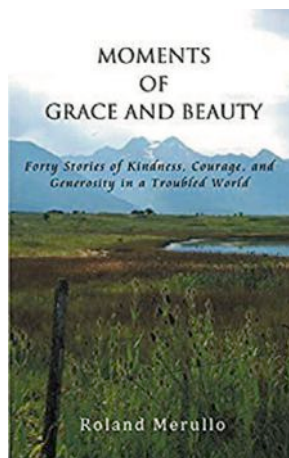
A Visit With Roland Merullo

Maynard Public Library • Wednesday, December 4 • 7:00 p.m.

Roland Merullo will return to the Maynard Library to talk about his two new books— a collection of stories and a historical novel set in Italy in World War II, both depicting ordinary people exhibiting grace, courage and kindness.

Roland Merullo is the author of twenty-two books of fiction and non-fiction, that range from suspense novels to love stories to golf and travel books to humorous spiritual road trips. His books have sold hundreds of thousands of copies and been translated across the globe, from China to Brazil, from Korea to Croatia, and he has been the recipient of numerous awards.

Maynard Public Library, 77 Nason St
www.maynardpubliclibrary.org



November & December Events

NOVEMBER MOVIE

Second Act

Wednesday, November 13th • 11:00 a.m.

Second Act is a romance/comedy starring Jennifer Lopez as Maya, a 40-year-old woman struggling with frustrations from unfulfilled dreams. See how she gets the chance to prove to Madison Avenue that street smarts are as valuable as book smarts, and that it is never too late for a second act. Rated PG13. Pizza will be available to purchase for lunch. Popcorn, drinks, and dessert will be provided.

DECEMBER MOVIES

Home Alone

Wednesday, December 11th • 11 a.m.

Home Alone is the beloved family comedy about a young boy named Kevin (Macaulay Culkin) who is accidentally left behind when his family takes off for a vacation in France over the holiday season. Once he realizes they've left him home alone, he learns to fend for himself, and eventually has to protect his house against two bumbling burglars. Pizza will be available to purchase for lunch. Popcorn, drinks, and dessert will be provided. Rated: PG

Home Alone 2: Lost in New York

Friday, December 13th • 11:30 a.m.

Once again, the McCallister family is planning another Christmas vacation, and this time they are bound for Miami, Florida. Unfortunately, Kevin unknowingly separates from the rest of his family, and ends up in New York. This laugh-out-loud movie will certainly put you in the Christmas spirit. Rated: PG

Pizza and a Movie

The Art of Racing in the Rain

Wednesday, January 8th • 11:00 a.m.

Based on the best-selling novel by Garth Stein, The Art of Racing in the Rain is a heartwarming tale narrated by a witty and philosophical dog named Enzo (voiced by Kevin Costner). Through his unique insight into the human condition, Enzo helps his owners — racecar driver Denny Swift (Milo Ventimiglia), his wife Eve (Amanda Seyfried) and daughter Zoe — navigate life with a refreshing perspective on friendship, family and unconditional love. Pizza will be available to purchase for lunch. Popcorn, drinks, and dessert will be provided. Rated: PG

**SIGN-UPS ARE REQUIRED
FOR ALL PROGRAMS**

FRIDAY SERIES

Kingdoms of the Sky

Fridays, November 8th, and 15th • 11:30 a.m.

This landmark, three-part series reveals the extraordinary animals and remarkable people who make a home on the iconic mountain ranges of the world. Breathtaking photography takes viewers through three scenic, episodic voyages across the **Himalayas, Rockies and Andes**. The Himalaya is the highest mountain range on earth. Here, the air is the thinnest, the wind is the strongest, and the storms are the fiercest. The Rockies are the great temperate mountain range of the world, and the weather here can change on a dime. Timing is everything, and to thrive here, both animals and people must understand these wild mountains and pick their moment. There are dozens of hidden worlds in the Andes, from the driest desert in the world to cloud forests teeming with life, and from the flattest place on Earth to vertical peaks towering over twenty thousand feet. **If you miss this on Friday, we will show it again on Tuesdays, November 5th, 12th, and 19th at 1 p.m.**



At The Old Mill Restaurant

CALENDAR

Z-GOLD TONING - MONDAYS - 9:00 a.m.

The class contains exercise with balls, weights and bands, standing or sitting for total body conditioning. Increase strength, range of movement, flexibility, balance and coordination. Format for this class allows you to participate at your own pace & ability.

TAI CHI - MONDAYS - 12:30 p.m.

STRETCH & FLEX - MONDAYS - 10:30 a.m.

Increase both strength and flexibility while connecting breath to movement. Start with gentle stretches, moving to your feet with warm up exercises and finishing, using blocks and straps.

ROCK PAINTING - MONDAYS - 1:30

Bring a rock and find your artist within!

DROP-IN CENTER - TUESDAYS - 9:00 a.m. - 11:00 a.m.

CHAIR YOGA - TUESDAYS - 9:30 a.m.

Stretch, twist and lengthen your bodies through a series of easy to follow repetitive movements. Most of the class occurs seated but there are some standing exercises using the chair as a prop and for our balance. The hour session ends in a relaxing Savasana.

LINE DANCING - TUESDAYS 9:30 a.m.

YOGA WITH TERRY - TUESDAYS - 11:30 a.m.

Yoga provides an opportunity to decrease stress and can lessen chronic pain while improving your overall health and wellbeing with increased strength, flexibility, balance and body awareness.

ZUMBA GOLD - WEDNESDAYS - 9:00 a.m.

Zumba makes exercise fun! Strengthen your heart, improve your balance, posture and range of motion while moving to the steps of the cha-cha, salsa and merengue.

YOGA WITH LISA - THURSDAYS - 9:30 a.m.

This yoga class teaches yoga postures as a way to develop "mindfulness in motion". Learn how using your Breath brings calmness to your everyday life.

ART/WATERCOLOR PAINTING - FRIDAYS - 8:30 a.m. - 10:30 a.m.

ZUMBA GOLD - FRIDAYS - 9:00 a.m.

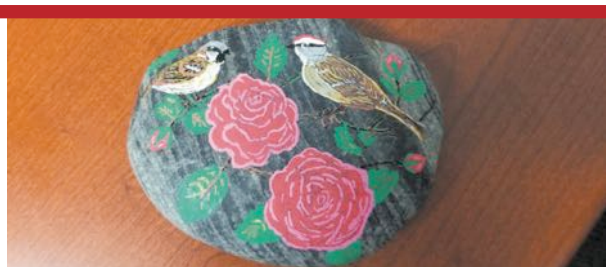
KINGS IN THE CORNER SOCIAL CLUB - FRIDAYS - 9:00 a.m.

Bingo

November 20
December 18
January 15
11:00 a.m.

Keep Well Clinic

November 20
December 18
January 15
12:30 p.m.



Maynard Council on Aging Trips

COA OUTINGS

SCHEDULED SHOPPING TRIPS

STOP & SHOP

Monday through Friday

SHAW'S

Friday Only

One hour is allowed for shopping. Shoppers should call at least 2 days in advance to schedule their shopping times.

**November 21 • December 19
January 2**

MARKET BASKET

Pick-ups start at 1:00 p.m. Van cost \$3.00.

December 5 • January 16

WALMART

Pick-ups start at 1:00 p.m. Van cost \$3.00.

**Contact
CrossTown
Connect**

**to make a
reservation for:**

- Medical Appointments
- Grocery shopping at Shaw's and Stop n Shop
- And other types of shopping such as CVS, Kmart, Trader Joe's, etc.

Council On Aging Van

To schedule the van call CrossTown Connect: (978) 844-6809

The Council on Aging van runs from 7:00 a.m. to 3:00 p.m. and provides low cost transportation to local hospitals, doctors, dentists, health care providers, pharmacies, as well as banks, the post office and to the Senior Center on 50 Brown Street in Maynard.

Arrangements must be made one day in advance before 1:30 p.m. (it is best to call several days in advance). A donation of \$1 is requested each time you get on the van. Transportation to the COA is free! Anyone with weekly appointments (same time, same day) must arrange for a standing pickup. If you decide not to go you **MUST** notify the dispatch office.

Residents of Maynard, 60 years of age or older and handicapped persons of any age, may use the van. If the rider is handicapped in any way, please mention this when scheduling the pickup so any accommodations may be made in advance. Pickups may begin 15 minutes before the scheduled time to accommodate more than one passenger. The van will wait no longer than 5 minutes for a passenger to emerge at which time the driver will call the office to report the "no show" and leave for the next pickup. On very busy days the van can get behind schedule.

Transportation Resources

I'm Looking for Transportation: Transportation services are available across Massachusetts for seniors, people with disabilities, veterans, commuters, and others. www.mass.gov/im-looking-for-transportation

THE RIDE

Eligibility Center

(617) 337-2727, (617) 222-5123

TTY: (617) 222-5415

Wheelchair accessible rides and those with disabilities who qualify. mbta.com/accessibility/the-ride

Senior Charlie Card: People 65 and older are eligible for reduced MBTA fares with a Senior CharlieCard. These cards are valid for 8 years. www.mbta.com/fares/reduced/senior-charliecard

Maynard/Acton Commuter Shuttle: The shuttle runs between downtown Maynard and the South Acton Commuter Rail station. www.townofmaynard-ma.gov/shuttle/

I can't count the number of times I've purchased something at a store and forgotten to ask for a senior discount! Maybe it's because I keep forgetting (or ignoring?) the fact that I'm now a senior. Are you making the most of your finances? Senior discounts can save significant money. Let's be honest – we all love a good bargain. Below are just a few local discounts to enjoy. Remember that many retail stores assign "senior discount days", so check with the store or business to make sure you are visiting on "senior" day.

RETAIL STORES

Walgreens: Walgreens offers lucrative senior discounts. Seniors can save 20 percent off one time a month. Seniors need to use their Balance Rewards to obtain the discounts.

Rite Aid: At Rite Aid, seniors can obtain a 10 percent discount on Tuesdays. Additionally, seniors receive a 10 percent off discount on prescriptions.

Russell's Greenhouse: Seniors receive 10 percent off of eligible purchases on Wednesdays

RESTAURANTS

Dunkin Donuts: For those who have an AARP membership, expect a free donut with the purchase of a large beverage here.

Burger King: Seniors may be able to get a 10 percent discount plus additional discounts on drinks at Burger King.

McDonalds: A discount here could help you to get a free cup of coffee or a discounted price on one. Locations vary significantly in what they offer to seniors.

Subway: Individual locations differ significantly. However, many locations will offer seniors a discount of 10 percent on their purchase.

Wendy's: Seniors can receive discounts, but these vary according to age and location.

There are many more discounts available. The Council on Aging will soon provide a flyer with more information about local discounts. Remember to ask for your senior discount wherever you shop or do business. Happy savings!

Peg Brown | President, Friends of Maynard Seniors, Inc.

Annual Meeting

Nov. 14 – 2:15 p.m.
Maynard Library

Meet & Greet

Friday, Jan. 24
6:00 – 8:30 p.m.
Maynard Golf Course
(Snow date – January 31)

Join Today or Renew Your Annual Dues!

FRIENDS OF MAYNARD SENIORS, Inc.*

We support programs and services for the Maynard Senior Center and are a 501(c)(3) charitable organization. Checks payable to:
Friends of Maynard Seniors, Inc., 195 Main Street, Maynard MA 01754

See us on Facebook!



\$15

ANNUAL DUES:

\$15 INDIVIDUAL

\$30 COUPLES

\$50 SUPPORTER

**\$75 BUSINESS or
CORPORATE**

Name _____

Address _____

Email _____

Phone _____

Additional Donation _____

☐ New? ☐ Renewal? Date _____



Community Dinners & Pantry

November/December news from Open Table

On Thursday, November 21st, we're hosting Thanksgiving Dinner one week early, with turkey and all your favorite sides. We are closed the week of Thanksgiving, November 25th to 29th; and there is no dinner on Monday, November 11th, Veteran's Day.

In December, we'll host a Holiday Dinner on December 16th, details still underway. And on Saturday, December 14th, we'll be participating in the annual Holiday Sip & Stroll – stop by to say hi and get a treat. Open Table will be closed from Friday, December 20th, through New Year's Day, to give our volunteers and staff time to spend with their families.

We offer pantry service for seniors only (55 and older) on Tuesday afternoons by appointment, with lunch items available to those coming to shop. Contact us at info@opentable.org to schedule an appointment time or for more information, or stop by during open hours to talk to a staff member.

We serve dinner every Monday night (except where noted) at our home at 33 Main Street; doors open at 5:00, dinner served at 6. Menus posted weekly on our Facebook page. All are welcome, and dinner is free!

Maynard Food Pantry

Serving Maynard since 1992

The purpose of the Maynard Food Pantry is to provide food assistance to any individual or family in need. The Maynard Food Pantry serves residents of Maynard, Acton, Stow and Sudbury. Maynard Shoppers are welcome to shop two times/month and out-of-town residents are welcome to shop one time monthly.

Hours of Operation: The Maynard Food Pantry is open Mondays from 10:00 a.m. to Noon. On some holidays that fall on Mondays, we will be open the next day.

Directions: 82 Main Street, Maynard, MA 01754 • 978-764-5279

Parking is on River Street (a one way street accessible from Main Street and across from Open Table). Look for the "Maynard Food Pantry Parking" sign.

Mt. Calvary Community Supper

Wednesdays, 5:00 – 6:00 p.m.

Mt. Calvary Church, 472 Mass Ave., Acton
(978) 263-5156

www.mtcalvaryacton.org
communitysupper.org



Free Community Dinner at First Parish Church in Stow (353 Great Road) - Guest Table holds monthly dinner first Friday of the month from 5:30 - 6:30 pm. Everyone welcome and there is no charge but donations are gratefully accepted. Doors open at 5pm. Email fpcguesttable@fpc-stow-acton.org or call 978-897-8149 for more information. Guest Table is made possible from grants from Stow Community Chest, Acton Boxborough United Way, and private donations.

Minuteman Senior Services Senior Nutrition Program

GOOD NUTRITION IS ESSENTIAL TO GOOD HEALTH!

The **Meals on Wheels** program delivers lunch to homebound seniors who are unable to provide their own meals, and who meet certain guidelines:

- The recipient must lack a reliable or consistent support system to assist with meal preparation; and
- Must be unable to drive while the service is provided.
- Eligibility for this program is determined by a Minuteman Senior Services care manager.

Volunteers deliver the meals between 11 am and 1 pm, Monday through Friday. Different volunteers may deliver each day, so arrival time will vary. This daily check in by a volunteer driver may be the only social contact an older person has during the day and helps reduce the isolation often experienced by disabled seniors. Drivers are trained to identify and report observations or emergencies that might indicate a medical problem or the need for more intervention.

Regular Meals provide one-third of the Recommended Daily Dietary Allowances, are approximately 700-800 calories and meet the requirements of a 'no added salt' diet. For those needing additional assistance, a cold supper meal can be delivered along with the noon meal.

Special Diets Low-sugar desserts are available by request in place of the regular dessert. Therapeutic meals are also available based on our dietitian's assessment and physician approval, and include Low Lactose, Renal, Mechanical Soft and Pureed.

A menu is delivered with the meal each month and is also posted at www.minutemansenior.org.

Contributions A voluntary, confidential donation is requested for all meals (closing the gap between the cost of the program and the public funding received), and can be made by recipients or family members. A monthly statement itemizes the meals received. Suggested donation is \$2.00 for regular meals and \$2.50 for therapeutic meals.

To make a referral or for more information about Meals on Wheels, please call 888-222-6171

Volunteer Meals on Wheels drivers are always needed. Adopt a Route! If you can spare an hour on weekdays, just twice a month or more, please email volunteer@minutemansenior.org to see if this is the right match for you.

Senior Services Directory Energy Resources

Citizens Energy Heat Assistance

(Joe4Oil)

(617) 338-6300

citizensenergy.com/assistance-programs

Good Neighbor Energy Fund

(Salvation Army)

(800) 334-3047

magoodneighbor.org

Low Income Home Energy Assistance Program (LIHEAP)

(800) 632-8175

www.liheap.us/massachusetts-heap

SMOC

(South Middlesex Opportunity Council)

300 Howard Street, Framingham, MA 01702

(508) 620-1230

smoc.org

Mass Save

(800) 632-8300

www.massave.com

Discount Rates on Utilities

National Grid Low Income Electric Services

www9.nationalgridus.com/non_html/OnDemand_Electric_Initia%20v052209.pdf

National Grid Low Income Gas Services

www.nationalgridus.com/media/pdfs/billing-payments/cm4445_ma_gas_discount_rateapp.pdf

Eversource Discount Rate Application

www.eversource.com/nstar/Customercare/Residential/DiscountRate

Joe-4-Oil Citizens Energy Discount Program

<http://citizensenergy.com/assistance-programs>



EVERYBODY MATTERS

Need Help Paying For Heat This Winter? You Are Not Alone.

We can help with FUEL Assistance!

Fuel Assistance helps thousands of local families with home heating bills each year. Many people do not realize they are eligible for support.

**Call SMOC FUEL to schedule an
appointment at 508-620-2342!**

Visit us at:

smoc.org/smoc-fuel-assistance.php

Call SMOC Weatherization at 508-620-2312 for an energy audit! You may qualify for no-cost home energy audit & efficiency improvements (i.e. Insulation, appliance replacement, etc.)

# Household Members	Yearly Gross Income Limit
1	37,360
2	48,855
3	60,351
4	71,846
5	83,341

To qualify for the program, your household income must be below the yearly income limits. (Subject to change)

**The program runs from
November 1st through April 30th**

Cities And Towns Served by SMOC:

Acton, Ashland, Bellingham, Blackstone, Boxboro, Concord, Dover, Framingham, Grafton, Holliston, Hopedale, Hopkington, Hudson, Lincoln, Littleton, Marlboro, Maynard, Medfield, Medway, Mendon, Milford, Millis, Millville, Natick, Northbridge, Northboro, Sherborn, Shrewsbury, Southboro, Stow, Sudbury, Upton, Uxbridge, Wayland, Wellesley, Westboro, Weston

It's Time for Your Medicare Check Up!
Medicare Open Enrollment
begins October 15th and ends December 7th



Minuteman
SENIOR SERVICES



Is your Medicare Plan still right for you?

Prior to **Open Enrollment** you will receive an **Annual Notice of Change** from your current health plan. **Please read it!**

Then come to our **free Medicare benefits presentation** to learn about:

- Healthcare options and important changes to Medicare
- The newly launched Medicare plan finder tool
- How to obtain affordable coverage and public health benefits
- Access to prescription drug benefits

When: Thursday, November 21, 2019 at 11:00am

Where: Maynard Council on Aging
50 Brown Street (Rt. 27), Maynard, MA 01754

Please RSVP by calling 978-897-1009

SHINE is a State Health Insurance Program (SHIP), and a program of Minuteman Senior Services, offering free health insurance counseling for Medicare beneficiaries of all ages through a network of state certified staff and volunteers. SHINE is partially funded by the federal Administration for Community Living with local funding provided by Lahey Health, Cummings Foundation, Dana Home Foundation, Acton-Boxborough United Way, Concord-Carlisle Community Chest, Maynard Community Chest, Stow Community Chest and private donations.

www.minutemansenior.org

Toll Free (888) 222-6171



REP. KATE HOGAN'S SENIOR NEWS

NOVEMBER 2019

November is here: time for family, football, and your favorite Thanksgiving fixings. With Medicare

Open Enrollment ongoing, many of you will also be making time this month to re-think your insurance coverage. Navigating the health plans and pharmaceutical benefits available to you and deciding which one best meets your pocket book and lifestyle is no easy feat. That is why this month I want to highlight two critical state programs that can help simplify the process and provide cost (and health) savings.

SHINE (Serving the Health Insurance Needs of Everyone)

One-on-one help to demystify your insurance coverage, choices, and affordability

When you are comparing health plans and MassHealth coverage options, it can be

difficult to know which plan will best support your healthy aging. The state SHINE program, run locally by Minuteman Senior Services, connects you to a counselor who gets it – and who will work with you one-on-one and free-of-charge on insurance coverage selection and cost-lowering programs. SHINE counselors are available to meet you at the Maynard Council on Aging (COA) by appointment. Simply call the COA at (978) 897-1009 to schedule your appointment.

Massachusetts College of Pharmacy and Health Sciences (MCPHS) Pharmacy Outreach Program

Medication questions? Licensed pharmacists and caseworkers just a phone call away

When you are holding onto a new prescription slip in the doctor's office, it is easy to feel confident that you understand how the medication fits into the big picture of your health goals and insurance coverage. Then, in the days and weeks to follow, the real-world questions start to emerge: *Am I taking this right? Why is this not covered? How can I make this more affordable for the long-term?* This gap between the doctor's office and reality, when explanations from providers might be out of reach, affects all of us; however, it can be particularly troublesome for seniors who are often managing multiple medications on a fixed income.

The Pharmacy Outreach Program, a joint initiative of the Massachusetts Executive Office of Elder Affairs and the MCPHS, promotes understanding and accessibility in senior medication management – and it is only a free phone call away. Licensed pharmacists, case managers, and students work with seniors on Medicare (or Medicare-eligible) and their caregivers towards the goal of helping you afford your medication and understand just how to take it and why. This includes education on strategies and programs that can help you cut prescription costs and a “medication check-up,” where you can review your prescriptions with a pharmacist. The program is available through a toll-free hotline, appointments at the MCPHS campus, and in community outreach settings. Call 1-866-633-1617 to get started.

Looking ahead: As Medicare Open Enrollment continues until December 7th, please do not hesitate to reach out to my Maynard office at (978) 897-1333 for assistance. Our healthy communities begin with a healthy you – and we are in it together, this fall and for the long-term.

Hogan's Office Hours

Hudson Office Hours: Friday, November 22nd from 10:30 to 11:30 a.m. at the Vintage Café, 246A Main Street, Hudson

If you are unable to attend office hours, please call the State House at (617) 722-2199 to schedule an appointment. In addition to Rep. Hogan's office hours, staff is also available at the District Office on Thursdays from 10 a.m. to 3 p.m.

Proudly represents Bolton, Hudson, Maynard, and Stow

State House, Room 130, Boston, MA, 02133 / Phone 617-722-2130

District Office: Maynard Town Hall, 195 Main Street, Maynard, MA

District Office Hours: Mondays and Thursdays, 10AM-3PM

By appointment: Call 617-722-2130 or email Kate.Hogan@mahouse.gov

Kate Hogan

COMING SOON TO FINE ARTS THEATRE PLACE

COMING NOVEMBER 8 **THE LIGHTHOUSE**

Starring Robert Pattinson & William Dafoe

Two lighthouse keepers try to maintain their sanity while living on a remote and mysterious New England island in the 1890s.

COMING NOVEMBER 22 **FROZEN 2**

Starring Kristen Bell & Josh Gad

Elsa the Snow Queen and her sister Anna embark on an adventure far away from the kingdom of Arendelle. They are joined by friends, Kristoff, Olaf, and Sven.

COMING NOVEMBER 22 **A BEAUTIFUL DAY IN THE NEIGHBORHOOD**

Starring Tom Hanks & Matthew Rhys

A journalist's life is enriched by friendship when he takes on an assignment profiling Fred Rogers. Based on the real-life friendship between journalist Tom Junod and television star Fred Rogers.

COMING DECEMBER 19 **STAR WARS: THE RISE OF SKYWALKER**

Starring Daisy Ridley & Carrie Fisher

The surviving Resistance faces the First Order once more as Rey, Finn and Poe Dameron's journey continues. With the power and knowledge of generations behind them, the final battle commences.

Do you have a movie lover on your holiday shopping list?

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Date Night Pack- \$25	Family Fun Pack- \$50	VIP Pack- \$100
2 Movie Passes	5 Movie Passes	12 Movie Passes
2 Snack Passes	5 Snack Passes	12 Snack Passes
2 Candies	5 Candies	12 Candies
(\$40.50 Value)	(\$103.75 Value)	(\$249 Value)

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